

# Creative Flow Workshop Testimonials

Judith

*I worked for hours yesterday and finished up two more paintings and two more chakra pieces which I had started after the workshop but couldn't resolve. The thing is I have worked like this before when everything is flowing; but this is definitely different. It has to do with a new kind of confidence and equanimity. . I guess you can say I'm more "efficient." Also, I have more energy to start. This is all due to the workshop which has enhanced those qualities I already have. Thank you so much.*

Jean

The content was extremely stimulating as were the people in attendance. We had artists, musicians, photographers, writers and poets in attendance. We all did art projects together, told stories, wrote poetry, composed a song, laughed and cried together...just to name a few things that took place.

Doug

Thanks for the simonizing. And thank you for helping me on my way down the creative path. Your seminar really has had a powerful impact on me.

Rick

I am writing this as I am listening to a composition I created after returning home. The Hemi-Sync® experience that I had was melting time. Meaning of all things showed up. The combination of Hemi-Sync® exercises, Metamusic® atmospheres and Macca's universal guidance for THAT MOMENT IN TIME will be as unique as a raindrop falling. It is the essence of flow.

J.R., Virginia

*I was impressed by the way the workshop was thoughtfully laid out with structure, studio time, art/music supplies, and group interaction time.*

*We touched on creative wave theory in our group meeting, and now we were experiencing it. It turns out it's a very individual sort of energy. I spent the rest of the workshop playing in my wave, learning not to force it, but to open it. I felt totally supported and encouraged to ride the wave and the blocks started to fall away. On the last day we spent the day grounding, showing our work and saying our goodbyes. We had poems, original songs with lyrics. paintings and sculptures. I truly enjoyed the workshop.*

L.B., Virginia

*Thank you, thank you, thank you for creating the Creative Flow weekend. All the issues I brought were resolved during the first studio session...I learned that "art" can be a valuable part of my life for the sheer pleasure of it. It satisfies and feels good. I discovered my creative voice, and passion about color and motion. It excites and energizes me.*

R.B., Ohio

*The experience of "The Creative Flow Weekend" at the Monroe Institute was more unique, more fun, and more fulfilling than I could have ever imagined. Our experienced facilitator precisely coordinated Hemi-Sync sessions before and after each related activity, stimulating creative interaction, individual reflection and wonderful camaraderie between the participants. This produced optimum results for me, super-charging my senses as well as re-wiring and renewing creative neural connections in the most desirable and auspicious setting of Robert's Mountain Retreat. A real gusher!*  
*(The food was also fantastic!)*

B.M., North Carolina

*I wrote poetry. Surrendering to the moment, I chose colors and subject matter that caused my painting to be very therapeutic for me. But best of all, during one of the Hemi-Sync sessions, I had a vision and I immediately did a pencil sketch upon the completion of the exercise. It was of a child I had seen in the vision, and I later discovered that the child was my son in a former life. Indeed, I was in communion with the Muses.*

B.W., Virginia

*Group participation allowed us to witness how creativity is enhanced and sparked into being by exposure to the work produced by others.... melding with the group exposes everyone's natural talent for creating.*

*The program concluded with each participant interpreting the artworks they created during the 'free" periods of the workshop. This provided further proof that creative flow is in constant motion within each individual and readily available to be translated into an expression of humanity's essential oneness.*